

# THE SOUTHERN SANITARIUM

A MEDICAL JOURNAL ISSUED QUARTERLY IN JANUARY, APRIL,  
JULY AND OCTOBER.

CLIMATE ☀ HEALTH ☀ LIFE



CENTRAL BUILDING.

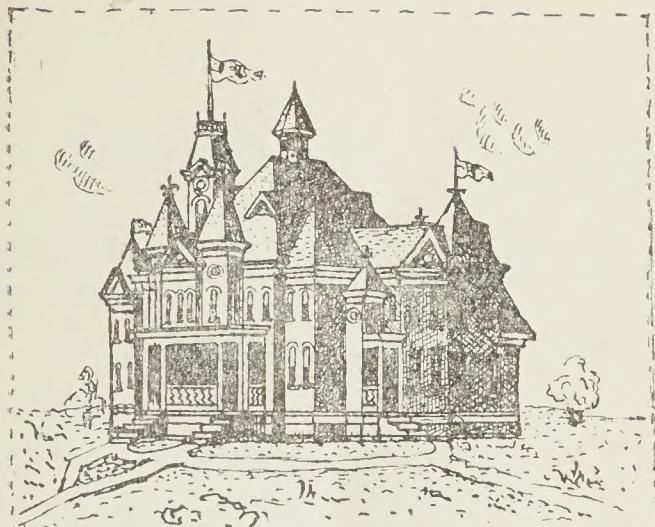
L. A. SCRUGGS, A. M., M. D., Editor and General Manager.

IT SPEAKS FOR THE  
PICKFORD SANITARIUM,  
AT  
SOUTHERN PINES, N. C.,  
FOR CONSUMPTIVE NEGROES.

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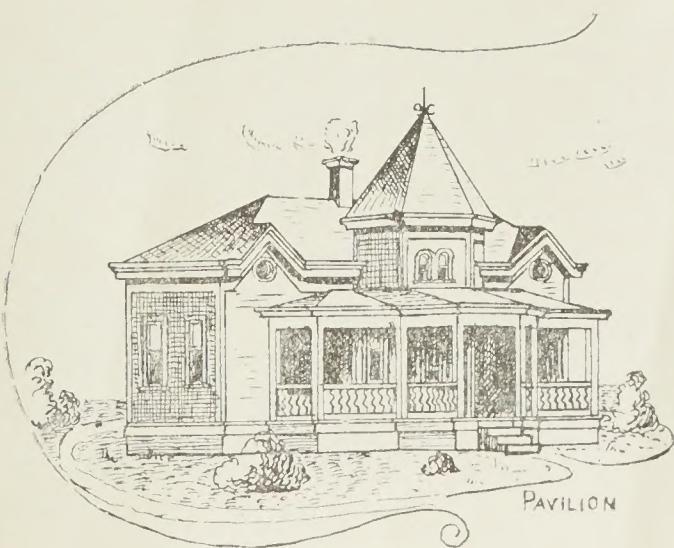
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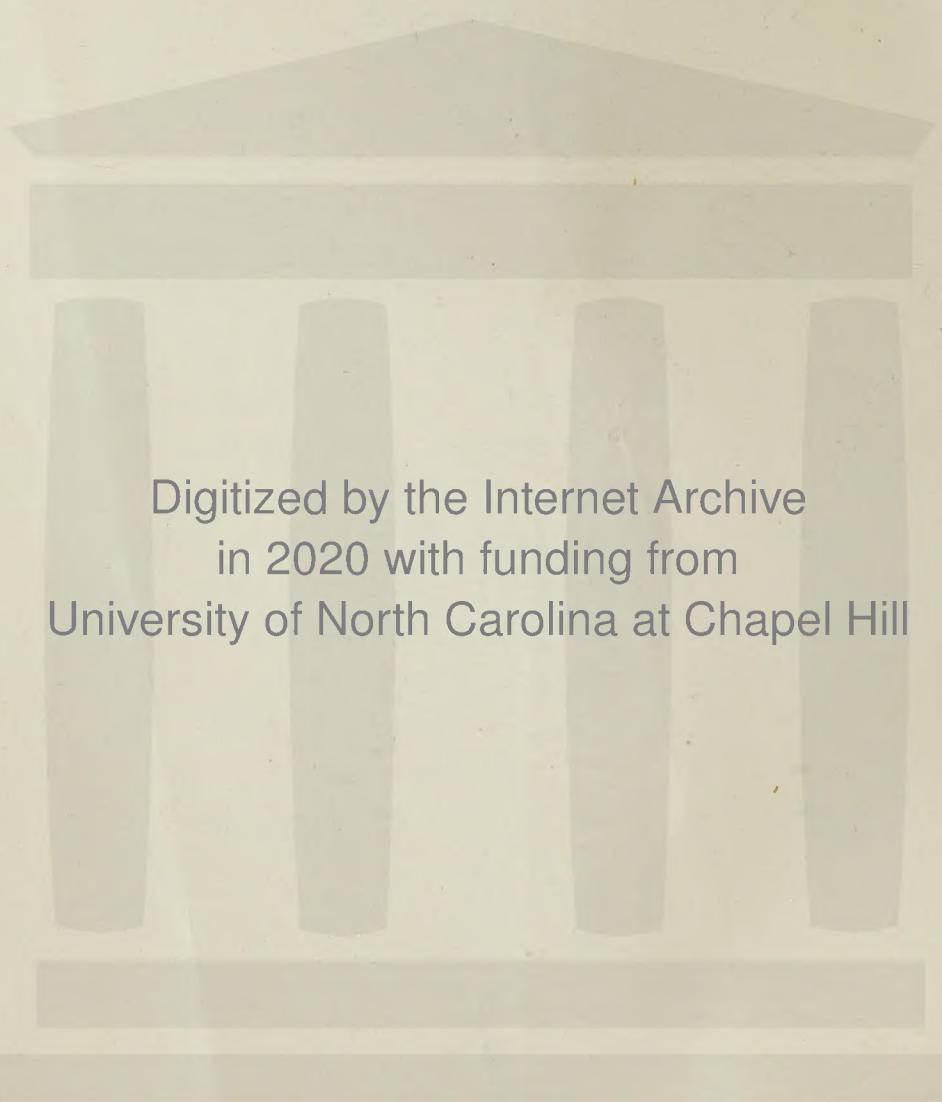
CENTRAL BUILDING.

WE HAVE four acres of land on which there are to be erected sixteen Pavilions at a cost of \$350 each, and one Central or Administration Building at a cost of \$20,000. Four Pavilions are already pledged, two of which have been completed and paid for and partly furnished. The institution will open its second season, for the reception of patients, Tuesday, November 15, 1898. For further information address,

L. A. SCRUGGS, M. D.,  
*General Manager,*  
Raleigh, N. C.



PAVILION



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# The ♫ Southern ♫ Sanitarium

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Devoted to the Cause of Afflicted Humanity.

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VOL. I.      RALEIGH, N. C., OCTOBER 1, 1898.      No. 6.

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## A BLACK WOMAN APPEALING TO WOMEN "IN HIS NAME."

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MY DEAR SISTERS:—While I believe and agree with everything the Editor has said in this journal, and believe, also, that it will meet the approval of every good thinking man and woman who chances to read it; yet, since I have been engaged in this work I find it almost impossible to do well without the especial interest of the women. I, therefore, am impelled by a sense of duty to appeal to my sisters, and if this appeal should gain the interest of one of you, then I should not feel that my time is wasted. But we shall have the interest of many of you, for as I write asking you for your interest I ask, also, that God guide you to lend it to us. There are numbers of women who are almost frantic because they cannot find something to do for the Master.

Here is a great opening, which will cost but little effort, a great opening in which you can serve your Master by serving His children. Think of this. He says: "Inasmuch as ye did it not to one of the least of these, ye did it not to me."

You may not be numbered among these unfortunate creatures for whom we are trying to provide, but think of your miserable, hopeless sisters and brothers who are to-day concluding that even Heaven itself is hiding its face from them, as the whole earth refuses to furnish them one ray of comfort.

Now, will you not allow the mercy of God to dwell in your bosom and give unto them a portion of what, through His mercy, He lendeth you? Can you not do something for them that would be equal to presenting to one poor sufferer a rose with good wishes that one of them, while dying, may whisper a blessing on your head?

Every woman that knows the most essential articles needed in a home are the things that cost least, and when they are supplied a small thing is done, and yet it is a great thing, and one that is most essential.

I need not enumerate the small things to which I refer, for experience has taught that to begin a home of any kind we need the small things that are needed in a home, and by supplying these things to the use of suffering humanity you supply them to the use of your Master. So says the Holy Writ.

It is for the interest of women, children, and the sons and daughters of women that I make this appeal; and none can sympathize with them as can a woman.

Now, then dear sisters, suppose fifty (50) Christian women in so many towns or cities, should each make one effort, and from time to time send to this work, at the Pickford Sanitarium \$1.00, \$2.00, or \$3.00. Or, suppose each one would get up a barrel or box of such things as we need—say ware for kitchen, dining-room, or bedding and bed linen—even if they had been used, only clean. Or barrels of clean second-hand clothing, of which we could sell a part and use the remainder for these poor suffering women and children who, in their almost nakedness and bare feet, so often appeal to us for help.

You, doubtless, have many pieces of clothing, etc., in your wardrobe or closet, or somewhere in your home, that are comparatively useless to you, and yet could be of much use to us here in this *Winter Home for Consumptive Negroes*.

Can you imagine the value of the aid that twenty-five (25) or fifty (50) Christian women could render this humane cause, even if given in small quantities, "IN HIS NAME" and for His suffering people? The blessings thereof would be two-fold. For He says, "And whosoever shall give to drink unto one of these little ones a cup of cold water only in the name of a disciple, verily I say unto you he shall in nowise lose his reward."

Perhaps, dear reader, you are surrounded by all that is necessary to make life comfortable, if not luxurious, while we are struggling as best we can to cover these poor and unfortunately diseased people from winter's chilly blast, or to soothe their aching pains, or to keep them clean, and as best we know how, to nourish them, and to shed some ray of light upon their gloomy lives. God help you to help those who most need it, and then, when your work here is finished, you shall be escorted by angel's into His Holy Presence.

S. E. J. SHANKLE,

*Nurse in Chief Pickford Sanitarium,  
Southern Pines, N. C.*

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### WILL YOU BELIEVE IT.

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If the Negro had money sufficient with which to change climate and residence, under medical advice, for the protection of his health and life from the ravages of CONSUMPTION, as do his more favored white friends, I beg to ask, is there a single sanitary shelter at any health resort here in the South under which he could put his head? It is a well-known fact that all of the hotels (many of which are but sanitary institutions) here in the South, as well as the special sanitary institutions for consumptives, are, by long-standing customs and laws, closed against the Negro. He simply cannot be admitted, whatever may be his circumstances. He neither owns nor controls a single sanitary hotel or institution at any of these places of resort in the South.

I will give only two out of many cases coming under my own observation:

I visited a girl eighteen years of age just before she died. She had been sick for ten months, and for eight months had been confined to her bed. Her bed had, at some time, been filled with straw that had, from long use, become finely powdered and bagged down between the bed-slats, leaving only the cloth of the ticking between the body of the patient and the slats, which had cut and lacerated the skin and the soft tissues beneath it, exposing bleeding surfaces of the bones, all of which presented a bloody mass of the lacerated tissues of the back of this miserable sufferer. I also found living maggots in a gangrenous cavity beneath the skin of the back of this poor living but dying human sufferer.

Another girl whom I saw some time ago was in a crowded, unclean room, on an unclean bed and dressed in unclean night clothing. The sputa from gangrenous lungs had, for several weeks, been deposited on a bank of sand placed by the bed for that purpose. The odor in the room was simply awful, and the flies swarmed around this sufferer as disturbed bees do around their hive. Here she lay for months, day after day, apparently friendless, and certainly helpless, without the friendly hand of a nurse, or even the comforting words of many of her former friends, who did what they could for a while, but soon gave up in despair, and rather than be annoyed by her loathsome surroundings they had left her to do the best she could.

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THE CHAMBER OF COMMERCE AND INDUSTRY  
SAID SO.

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OFFICE OF CHAMBER OF COMMERCE AND INDUSTRY,  
RALEIGH, N. C., March 15, 1898.

At a meeting of the Chamber of Commerce and Industry, held this evening, the following resolution was intro-

duced by member Joseph E. Pogue, and heartily seconded by Hon. R. H. Battle and A. M. McPheeters, and was unanimously adopted:

*"Resolved,* That we, the Chamber of Commerce, of the City of Raleigh, North Carolina, now in regular session, sincerely believe that the demands for such an institution as the Pickford Sanitarium are imperative, and that the self-sacrificing and untiring efforts of Dr. L. A. Scruggs are very deserving of commendation and encouragement, and that through which he is a public contributor to the general health of our city and State, as well as of the South. And be it also

*"Resolved,* That we do hereby commend him and his mission of love and mercy to the philanthropic people of our great country, as worthy of their hearty co-operation and support.

"R. B. RANEY, *President.*

"GEORGE ALLEN, *Secretary.*"

The resolutions given above were also endorsed as follows over the personal signatures of thirty well-known business men of Raleigh, N. C., among whom are bank officials, merchants, insurance managers, cotton dealers, physicians, and members of both the city and State boards of health:

"Be it known that we, the undersigned, citizens of Raleigh, do endorse the above resolutions, and join in the request for their unanimous adoption by the Chamber of Commerce:

"J. R. Ferrall, Thomas H. Briggs, Thomas Pescud, John C. Drewry, W. C. Stronach, John T. Pullen, J. F. Ferrall, F. H. Briggs, Charles H. Belvin, N. W. West, Alf. A. Thompson, W. E. Jones, V. C. Royster, Fred. A. Watson, Henry T. Hicks, S. C. Pool, W. H. King, James R. Rogers, Thos. E. Skinner, Berry O'Kelly, Wm. Russ, Mayor; Chas. E. Johnson, Ed. H. Lee, Crowder & Rand, P. E. Hines, James McKee, M. D., President Board of Health; A. W. Shaffer, Member Board of Health; A. M. McPheeters, Joseph E. Pogue."

## THE SOUTHERN SANITARIUM.

### INDUSTRIAL DEPARTMENT.

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No unnecessary idleness will be encouraged at this institution. Sufficient garden land will be provided, so that patients may take very moderate out-door exercise, and in this way, *when able so to do*, the patient will not only help to feed himself, but will take, under healthy rules, such physical exercise in the open air as will prove to be a great help in expanding the lung cells to a moderate degree, and in securing for him certain necessary muscular development and constitutional vigor.

We propose to have a well-aired, suitable building, in which carpenters, shoemakers, blacksmiths, tin-workers carvers and scroll cutters, printers, and others of the industrial arts, may find welcome homelike employment. In this way, with the garden, or little farm and shop work, our institution will take such a stand as to commend itself both to the sufferer and the public in general. This light labor will prove to this class of patients not only a pleasant duty in warm days in winter, but a desirable, as well as an acceptable method of exercise as a part of the treatment which they seek.

My friend, will you help us, and thereby have a hand in this work for the most wretchedly diseased of your fellow-beings? Will you, on this day of good health, and in the midst of a prosperous life, turn a deaf ear to the husky, feeble call of the suffering and dying, or will you help to make comfort for the comfortless? Remember that you and all you have belong to the Lord, therefore don't withhold from His suffering creatures that which He would have you give them. As you give to help others who are actually in great need, so will he give more abundantly to you.

Please read Matt. 25:40-45 inclusive.

## AN APPEAL TO YOU.

MY DEAR FRIEND:—In addressing to you this appeal, asking your co-operation in our efforts to alleviate the woes and sufferings of Consumptive Negroes, by maintaining the Pickford Sanitarium at Southern Pines, N. C., I feel confident that our mission of sacrifice and mercy will appeal to your sympathy and judgment, as a work of necessity.

You are, therefore, for full information concerning our work and its needs, referred to the detailed statements within these pages, which we invite you to carefully read, and when you shall have done so, may I hope that you will seriously consider this appeal in the interest of those whose afflictions, in many cases, liken them unto the lepers of old. We are greatly in need of more buildings and more means of support, and in consequence of this want we have been forced to turn away fifty-eight deserving applicants during this year.

Kindly, therefore, help us by contributing 5c., 25c., 50c., \$1.00, more or less, either in money or material supplies, to such an amount as you may feel inspired so to do. If, after all, however, you find that you can do nothing, even then be kind enough to so write me, and at the same time give us your sympathy, and remember that

“ If you cannot give your thousands  
    You can give the widow's mite,  
“ And the least you do for Jesus,  
    Will be precious in His sight.”

Believe me sincerely yours,

“ In His Name” for Humanity,

L. A. SCRUGGS,

*Secretary and General Manager,*

Raleigh, N. C.

## SOME PROBABLE CAUSES OF THE RAPID SPREAD OF CONSUMPTION AMONG THE NEGROES.

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Some of the probable causes for the very rapid spread of consumption among the Negroes in the South may be suggested as follows:

1. Sudden changes in their habits, environments and occupations.
2. Inability to provide many of the necessary comforts of life.
3. The assumption of great responsibilities.
4. Living in crowded and unsanitary tenement houses.
5. Failure to place sufficient safeguards around the health of mothers, during the period of gestation, and a want of sufficient care for both the mother and child during the period of lactation.
6. Ignorance of and disregard for the laws of hygiene.
7. Marrying without due regard for the family history on either side, or the present health of either of the two parties.
8. A want of sufficient familiarity with the early history and symptoms of the disease, so as to be able to make an early diagnosis.
9. Mixing or crossing of the races.
10. Overcrowded and badly ventilated churches and schools.
11. Faulty heating and boarding departments of many of our high schools and colleges.

## SOME FACTS ABOUT OUR TRUSTEES.

Dr. Richard H. Lewis is the Secretary of the North Carolina Board of Health, also Consulting Surgeon to the Eye Departments of Rex Hospital, Leonard Medical Hospital, St. Agnes Hospital and Professor of Diseases of the Eye in Leonard Medical College, Raleigh, N. C.

Col. A. W. Shaffer is ex-Postmaster, Raleigh, N. C.

Col. Julian S. Carr, the President of the Blackwell Durham Tobacco Company, a philanthropist, one of North Carolina's most widely known and influential citizens, Durham, N. C.

Mr. C. F. Meserve is President of Shaw University, Raleigh, N. C.

Mr. Berry O'Kelly, Merchant, Method, N. C.

Mr. E. A. Johnson, Professor of Law at Shaw University.

Mr. Joseph G. Brown, *our treasurer*, is President of the Citizens National Bank, Raleigh, N. C.

Bishop Joseph B. Cheshire, Bishop of the Diocese of North Carolina.

Mrs. C. J. Pickford, philanthropist, Lynn, Mass.

Dr. James McKee, Superintendant of Health and President of the Board of Health, of Raleigh, N. C.; Professor Obstetrics in Leonard Medical College, and visiting and Consulting Physician to St. Agnes, Rex and Leonard Hospitals, Raleigh, N. C.

Prof. A. W. Pegues, Professor of Theology, Shaw University, Raleigh, N. C.

Mr. John T. Patrick, Secretary of the Southern Inter-State Immigration and Industrial Association, also Chief of Industrial Department S. A. I., Southern Pines, N. C.

Rev. R. H. W. Leak, Presiding Elder A. M. E. Church, and editor *National Outlook*, Raleigh, N. C.

Dr. Edward O. Otis, prominent physician, Boston, Mass.

Dr. H. C. Fulkner, well-known physician, Chicago.

Bishop A. J. Gaines, Bishop of A. M. E. Church,  
Atlanta, Ga.

W. C. Colman, General Manager of the Negro cotton  
factory, Concord, N. C.

### A NATIONAL INSTITUTION.

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It is to be remembered that the Pickford Sanitarium is a NATIONAL INSTITUTION open to all parts of this great country for the Negro. There are to be 36 trustees, who shall represent all parts our country.

No politics shall be introduced into its affairs.

No special denomination or religious belief shall dominate its worship. God shall be first.

It is a Christian institution in the broadest and most liberal sense, founded upon the Fatherhood of God and the brotherhood of man—for “God that made the world and all things therein \* \* \* \* hath made of one blood all nations of men for to dwell on all the face of the earth.—*Acts, xvii. chap., part of 24th and 25th vs.*

### WHAT OUR FRIENDS SAY OF US.

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WHAT Col. Julian S. Carr, of Durham, N. C., says:

DURHAM, N. C., June 15, 1898.

DR. L. A. SCRUGGS,  
78 Kendall Street,  
Boston, Mass.

MY DEAR SIR:—I have the pleasure of your favor of the 30th ult., which should have been answered earlier, but I have been constantly from home since receiving it. I am very much in sympathy with you in your work down in Southern Pines, and am disposed to help you. I feel you deserve encouragement. I had hoped to give you a cottage before this, and nothing but the unsettled conditions of the time has prevented my so doing. I feel you deserve at least that much encouragement in the effort you are making. The cause is backed with a great deal of

merit, and I have every confidence in your judgment, ability, and integrity, and I would like to do all you ask in this matter, and possibly more, and just as soon as the condition of the times will warrant it I am going to do so. I am in great sympathy with you in your work in behalf of the colored people whom you are so nobly serving, and I want to thank you. It is a very honorable effort you are making in their behalf.

With assurances of my sympathy, and my very best wishes, I remain,  
Yours, very truly,

J. S. CARR.

We have taken the liberty to publish the above extracts from a private letter from Col. J. S. Carr as a proof of what we said in a speech in Boston last June concerning the friendly feeling that exists in North Carolina between the white people and the colored people. We repeat, that there are many of the best white people, many of whom were slave owners, who greatly wish and much desire the elevation and betterment of the Negroes' condition, and that many of them are striving as best they can to help lift him upon higher grounds. There are many others who are as wishful for his progress; but it is to be remembered that the late civil war left the majority of Southern people in a bad financial condition, from which most of them have never rallied. A glance at the list of our Board of Trustees on another page will give further proof of the fact that the Negro has friends in the South.

Col. J. S. Carr has, for many years, stood by the Negro, and has helped almost every worthy enterprise we have been able to start for the Negroes' elevation. He has been constantly giving means on support of schools, colleges and churches, as well as providing bread and comforts for the poor. He has given scholarships for our students at various times. He can always be relied upon to help in time of need, whether it be a black man or a white man the needy one. We thank God for the preservation of the life and for the prosperity of such a man.

WHAT the *Boston Transcript* of June 16, 1898, had to say about our work for consumptives:

ONE COLORED DOCTOR'S WORK.

All work of Negroes for Negroes appeals powerfully to the understanding and sympathy of New Englanders. Here where the movement for the abolition of slavery originated, there is always help to be found for every effort of the colored people towards self-emancipation, whether educational or along other lines. The most touching of recent appeals is that of the Pickford Sanitarium at Southern Pines, N. C., for the care of consumptive Negroes, and those suffering with throat and bronchial troubles. It is not of course possible for Negroes to be treated in sanitariums for white people in the South, and there is great need for their care in these days when it is realized that the increase of consumption among Negroes is an element of the race problem of grave importance. The causes of this increase need scarcely be defined among an ignorant people, who in their illnesses often have far less care than is given dogs when sick in the North. The Pickford Sanitarium has been in existence about eighteen months, and is a blessed drop in the bucket of care needed by the suffering. "Little drops" contribute to the quenching of human suffering, and it is the ambition of Dr. Scruggs, the manager of the sanitarium, to provide a refuge for many sufferers from among his people. This colored physician abandoned a good practice to take up this work of mercy. All sorts of supplies are needed at the sanitarium; anything that is clean, even if a good deal used, will be of service—furniture, bedding, clothing, towels, cotton cloth, food supplies, etc. Charges should be prepaid in sending. Dr. Scruggs needs a microscope for his study of tuberculosis, and he offers to place on a slab on any cottage given by individual benevolence the name of the donor of \$350. The cottage system is to be followed out, and it is expected in time that seventeen cottages will be erected. The institution, which is to be open to colored people from New England and all parts of the country, is indorsed by the Chamber of Commerce at Raleigh, and the self-sacrificing and untiring efforts of Dr. Scruggs in his mission of philanthropy were commended by a special vote. The resolutions were indorsed also by the signatures of thirty well-known business men of the North Carolina capital, cotton dealers, bankers, physicians and members of the State and city boards of health.

What Rev. Edward Everett Hale says of the Pickford Sanitarium in the Boston *Transcript*, June 16, 1898:

#### A SOUTHERN SANITARIUM.

In the various efforts to relieve invalids by sending them to the South, none is more practically carried on than the sanitarium which Dr. Scruggs has established at Southern Pines.

He is a well-educated Negro physician, and he has opened this convenient and well equipped home for invalids of his own race. It sweeps wide in its hospitalities, and when I visited Southern Pines in March there was an African prince among the patients who had not borne well our Northern climate.

Dr. Scruggs is now in Boston, hoping to find people of public spirit who will help him in an enterprise which to him means hard work—with few thanks. I am glad to recommend him to my friends.

EDWARD E. HALE.

Office of Lend A Hand,  
14 Bedford Street.

#### OUR IMMEDIATE NEEDS.

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We have been forced to refuse admission to fifty-six (56) sick and deserving consumptives during this season. Most of these have been helpless and greatly neglected women and children. We had to turn them from our door and say "no" to them, because we had neither the room nor the means with which to care for them. We need more buildings and means of support. Surely Christ has loyal followers on earth who can be "touched with a feeling" of the infirmities of these helpless and poverty-stricken diseased women and children in whose interest we make this appeal, asking that they, at least, be given a comfortable place in which to rest their afflicted bodies, under the fostering care and sympathy of competent Christian nursing and medical attention.

Does this reach your sympathy, and will you in this time of health and prosperity consider the condition of your less fortunate neighbors and give them, at least, the crumbs from your table?

*We also need:*

*Furniture and ware for Dining-room.*

*Furniture, etc., for matron's room and office.*

*Bed clothing of all kinds, new or second-handed—only clean.*

*Buckets, cuspidores, towels, napkins, soap, night clothing, disinfectants, drugs, medicines, cotton cloth, etc.*

*Food, such as tea, coffee, corn meal, flour, sugar, fat meat, crackers, oat meal, rice, syrup, salt fish; \$25,000 to complete our other fifteen buildings out of the seventeen (17) proposed. When this is done we shall have capacity for two hundred and fifty (250) patients. Now, then, my friend, is there not something in this list of *Immediate needs you can give us?* Read the list again and think of these poor, helpless sick people upon us to be cared for. You CAN help!*

*WILL YOU DO SO?*

*The gift of a type-writing machine would add greatly to the saving of the strength and life of the general manager, who is now forced, sometimes to write 100 letters a week, all of which has to be done at times when he should be at rest. We are preparing to study tuberculous sputa, and in order to do this we must have, among other things, a good microscope. Will some one give us one?*

Through the kindness of friends at Southern Pines and Pinehurst, we have been able to sink a well which affords excellent water in great quantity. *We now need an air-motor or wind-mill with a pump and a tank of twenty-five or thirty barrels capacity for water supply in case of fire, and also for good sanitary purposes.*

This outfit will cost anywhere from \$100 to \$250 or more. An outfit at a cost of \$150 will answer our immediate purpose very well.

Will you help us to get this important machine? Consider our appeal and kindly assist us in this worthy charity.

*We also need three or four double canvass tents for OUT-DOOR OR OPEN-AIR TREATMENT.*

## NOTES AND CLIPPINGS.

A BIG ENGLISH MOVE IN THE RIGHT DIRECTION. IT SPEAKS FOR ITSELF. READ WHAT A CONTEMPORARY SAYS ABOUT IT:

Some of the most distinguished physicians in England, including the Royal College of Physicians, the President of the Royal College of Surgeons, and Sir William Broadbent, have issued a proclamation with regard to the formation of the Association for the Prevention of Consumption and Other Forms of Tuberculosis. They say that they desire to call attention to this association, which has been formed with the object of preventing the spread of the most fatal disease to which mankind is subject. It has gradually become definitely known that tuberculous disease, of which pulmonary consumption, or phthisis, is an example, is not inherent in the constitution, but is communicated indirectly from pre-existing cases, and the principal methods by which it is spread have been identified. Tuberculous disease, which in one or other of its forms is responsible for at least one in ten of the deaths from all causes, and according to some calculations, for one in six of the deaths among adults, is, therefore, preventible. For this the education of the public is needed in the methods of prevention and eradication, and the stimulation of individual effort in carrying them out. The objects of the association are the dissemination of information, the arousing of public feeling as to the necessity for defensive measures, and the provision of sanatoria, which will be both preventive and curative, for the open-air treatment of consumption. The subject has been taken up very generally by the English press, and there is every reason to suppose that an organized effort will be made to bring the plague of consumption within the limits of control.

OUR friends who so kindly send us barrels and packages will please prepay freight or express on the same, as we have no funds that we can use for such purposes, and in this way greatly help and oblige the General Manager.

IN EACH copy of this Journal will be found a pledge card, which we urge the friends of our cause to fill up and return to us. You can help us! You must help us! Our needs are many. Anything in the line of food and clothing, bedding, etc., will be gratefully received.

WE WILL place the name of any one on a marble slab, and place the same in the wall of any one of the seventeen

buildings he may choose to erect, or furnish us with the means with which to erect, and name the building after the donor. Three hundred and fifty dollars will erect any one of the sixteen cottages. Twenty thousand dollars will erect the Central or Administration Building.

JUST think! In one city here in the South, the number of deaths from consumption in ten years was 3,119, of which 611 were white people, and 2,508 were colored people, showing a death-rate of about one of the former to three of the latter, by population. The negroes in this country constitute less than (1-10) one tenth of the population, and at the same time nearly 40 per cent. of the mortality from consumption alone. Is this not cause for alarm? The facts answer.

THE Nurse in Chief has been spending all the summer in Massachusetts and New York in the interest of the Sanitarium for consumptives; and also making investigations, in the various hospitals and sanitariums, as to latest methods, diets, etc. The results have been very gratifying, and she has made many friends for our work. The Secretary and General Manager spent all of June, and will now devote the month of October in the same field. We are very thankful for many courtesies shown us by our friends.

MISS ANNIE C. GILL, of Wyatt, N. C., has given some good service to our work by traveling through the State in its interest. She obtained some good subscriptions. Let the good work go on friends in every State of the Union. It is a national institution. Our thanks to Miss Gill and those who helped her.

## ANNOUNCEMENT OF OPENING AND CHARGES.

The Pickford Sanitarium will open again Tuesday, November 15, 1898, for the reception of patients. This being the beginning of its second season, charges will be \$15.00 per month—to include board, lodging, nursing (where needed) and medical treatment as long as the kindness of neighboring physicians in attendance is continued as in the past. Medicines, when possible, will also be furnished at wholesale cost, and in deserving cases some medicines will be given without charge.

## ANNOUNCEMENT OF PLANS FOR THE FUTURE.

The Secretary and General Manager has decided to devote his entire time, during the year 1899 (God being willing) to the work and interests of the Sanitarium without pay. He will therefore give up his private practice in the city of Raleigh, N. C., for this time and travel to raise means for the prosecution of the work, and at the same time study the causes and treatment of consumption and its relations to other diseases. He will take advantage of Northern and Western hospital and sanitaire laboratories. *He greatly needs a microscope. Who will give one?*

## ORIGIN OF TUBERCULOSIS.

A recent writer on consumption says:

"Tuberculosis comes from without through the food and air." This senseless reiteration of the germ theory of infection hinders the consumption of true, preventive means. Consumption comes from within. It is the result of an abnormally sensitive nervous organization, unfavorable environment, poor sanitation, and hygiene and anemia. Consumption begins in the alimentary canal, as a digestive disturbance; it penetrates to the blood, filling it with poisonous products, destroying the red corpuscles, and lessening its nutritive power; it extends to the nervous system,

increasing its natural irritability, and depriving it of proper nourishment. Some trifling exposure in bad weather readily overpowers such a hypersensitive nervous system, causing a pulmonary congestion which the system is unable to throw off, because of the long previous drain on its vitality. The constant congestion in the lungs leads to the formation of tubercular tissue—which is nothing but rudimentary lymphoid structure, having no permanent function, poorly organized, and having no nervous supply, therefore, prone to degeneration. The infection of this tubercular tissue with bacilli comes *after* its formation, and is not the *cause* of it. This is shown by the fact that the sputum of consumptives sometimes contains bacilli, and sometimes it does not. Moreover, where consumptives are intelligently treated they are often cured, even after the disease has wrought considerable havoc. If the germs were the cause, their action would be persistent and continuous.

The prevention of consumption lies not in legislative restrictions, or segregation, but in educating people to comprehend the importance of consulting a physician at the first symptom of ill health, and in diffusing a practical knowledge of climatology, hygiene, and sanitation. A year of chronic indigestion will so depreciate any system that it will require months of professional supervision to put the individual in anything like a normal condition. Whenever you meet with such a case, look for a remedy which will stimulate the normal activity of the digestive organs. A healthy stomach is the source of life, a diseased one is the prime cause of consumption and allied nutrition diseases — *The Medical Brief, August, 1898.*

### THANKS OF A BLACK WOMAN.

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I want, in this issue, to thank the ladies, who read and became interested in the appeal I made in the last issue of this quarterly, under the head of "A Black Woman Appealing to Women." The results have been very good and the many letters I have received pledging future help and interest, and the substantial aid that has come to us, have been very encouraging indeed, and have seemingly given new life to our well begun work. The future might, in thought at least, bring to us some dark hours if we did not have the assurance that you are our friends, and that you are willing, "in His name," to help us push forward this part of His great cause in the interest of humanity.

I greatly thank the Author of all good for the abundance of encouragement and determination He has given us through you. Let us all join in and plant hope in the bosom of these seemingly forsaken sufferers. "Hope is the cordial of the human heart." Again thanking you, and trusting to hear from you concerning this work.

I am yours always "In His name,"

S. E. J. SHANKLE,

*Nurse in Charge.*

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#### FIELD SECRETARY AND FINANCIAL AGENCY IN NEW YORK AND NEW ENGLAND.

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At the last annual meeting of our Board of Trustees, Miss Lucretia B. Hayes, of New York, was duly elected our Field Secretary and Financial Agent for the State of New York and the New England States.

This action was taken at the urgent request of many of our friends in New York.

Miss Hayes is highly recommended by Christian people who are to be relied upon.

Should she accept, we earnestly ask for her the hearty support and co-operation of the friends of this humane cause. We are creditably informed that Miss Hayes has been in bad health all this summer. In a letter from her, she expresses her readiness to accept if her health shall permit. By mutual understanding, therefore, the matter has been left open for the present to see what changes the fall season will make in her physical condition. She has our sympathy and hope for her restoration to health. She has already given some valuable service to the work.

Rev. A. A. SHEPARD, D. D., President.  
 Hon. J. S. LEARY, Vice Pres. and Att'y.  
 Dr. M. T. POPE, Treasurer.  
 E. J. YOUNG, Secretary and Manager.

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OF NORTH CAROLINA.

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The object of this Association is to protect its members when sick or unable by accident, bury the dead, assist the colored orphan asylum, and provide a home for the aged. Remember the money invested in this association does not leave North Carolina, but it circulates in our own State, gives employment to our boys and girls, and improves the condition of our race.

Remember you don't have to die to win, no meetings to attend, no fine to pay, but simply pay your dues, or premium to the collector, either weekly or monthly, or send it to the home office. We are paying from seventy-five to one hundred dollars every week for sickness.

My friends insure, nothing is gained by delay, you can join and receive benefit as seen by the table of rate below:

WEEKLY PREMIUM	SICK BENEFIT	DEATH
\$ .05	\$ 1.50	\$ 15.00
.10	3.00	35.00
.15	3.50	45.00
.20	4.00	55.00
.25	5.00	65.00
.30	6.00	75.00
.35	7.00	85.00
.40	8.00	95.00
.45	9.00	105.00
.50	10.00	110.00

*Good Active Deputies are Wanted. Address  
 All Communications to*

*E. J. YOUNG, Secretary and Manager, Charlotte, N. C.*

# SOUTHERN RAILWAY. Condensed Schedule.

In Effect June 14, 1896.

## TRAINS LEAVE RALEIGH:

### NORFOLK AND CHATTANOOGA LIMITED.

3:40 P. M., DAILY.—Solid vestibuled train, with sleeper from Raleigh to Chattanooga, via Salisbury, Morganton, Asheville, Hot Springs and Knoxville. Connects at Durham for Oxford, Clarksville and Keysville, except Sunday; at Greensboro with Washington and Southwestern Vestibuled (limited) train for all points North, and with main-line train No. 12 for Danville, Richmond and intermediate stations; also has connection for Winston-Salem, and with main-line train No. 35, "United States Fast Mail," for Charlotte, Spartanburg, Greenville, Atlanta and all points South; also Columbia, Augusta, Charleston, Savannah, Jacksonville, and all points in Florida. Sleeping-car for Atlanta, Jacksonville, and at all points in Florida. Sleeping-car for Atlanta, Jacksonville, and at Charlotte with sleeping-car for Augusta.

### CHATTANOOGA AND NORFOLK LIMITED.

11:45 A. M., DAILY.—Solid train, consisting of Pullman sleeping-cars and coaches, from Chattanooga to Raleigh, arriving at Norfolk at 5:20 P. M., in time to connect with the Old Dominion, Merchants & Miners, Norfolk and Washington, and Baltimore, Chesapeake & Richmond Steamship Companies for all points North and East. Connects at Selma for Fayetteville and intermediate stations on the Wilson and Fayetteville Short-Cut, daily; daily except Sunday for Newbern and Morehead City; daily for Goldsboro and Wilmington and intermediate stations on the Wilmington & Weldon Railroad.

### EXPRESS TRAIN.

8:53 A. M., DAILY.—Connects at Durham, for Oxford, Keysville, Richmond; at Greensboro for Washington and all points North.

3:40 P. M., DAILY.—For Goldsboro and intermediate stations.

### LOCAL.

2:00 A. M., DAILY.—Connects at Greensboro for all points North and South, and Winston-Salem and points on the Northwestern North Carolina Railroad; at Salisbury for all points in Western North Carolina, Knoxville, Tenn., Cincinnati and Western Points; at Charlotte for Spartanburg, Greenville, Athens, Atlanta and all points South.

## TRAINS ARRIVE AT RALEIGH:

### EXPRESS TRAIN.

3:40 P. M., DAILY.—From Atlanta, Charlotte, Greensboro and all points South.

### LOCAL.

7:10 A. M., DAILY.—From Greensboro and all points North and South. Sleeping-car from Greensboro to Raleigh.

### "NORFOLK AND CHATTANOOGA LIMITED."

3:40 P. M., DAILY.—From all points East, Norfolk, Tarboro, Wilson and water lines. From Goldsboro, Wilmington, Fayetteville and all points in Eastern Carolina.

### "CHATTANOOGA AND NORFOLK LIMITED."

11:45 A. M., DAILY.—From New York, Washington, Lynchburg, Danville and Greensboro, Chattanooga, Knoxville, Hot Springs and Asheville.

### LOCAL.

9:00 P. M., DAILY EXCEPT SUNDAY.—From Goldsboro and all points East.

### EXPRESS TRAIN.

8:53 A. M., DAILY.—From Goldsboro.

FOR TICKETS, routes and rates, or other information, call on or write to Thad. C. Sturgis, Ticket Agent, Raleigh, N. C.

J. M. CULP, Traffic Manager. W. H. GREEN, Gen. Supt. W. A. TURK, G. P. A.

# S.A.L.

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## TRAINS LEAVE RALEIGH:

**2:16 a. m. Daily.** "Atlanta Special," Pullman Vestibule for Henderson, Weldon, Petersburg, Richmond, Washington, Baltimore, Philadelphia, New York and all points

North. Buffet drawing-rooms sleepers and Pullman coaches Atlanta to Washington, parlor cars Washington to New York; Pullman sleeping-car Monroe to Portsmouth. Arrives at Washington 11:43 a. m., Baltimore 12:45 noon, Philadelphia 3:50 p. m., New York 6:23 p. m. Also for Portsmouth, Norfolk, Old Point, and local stations Seaboard and Roanoke Railroad.

**11:25 a. m. Daily.** For Henderson, Weldon, Suffolk, Portsmouth, Norfolk & Washington Steamboat Company for Washington, with N. Y., P. & N. Railroad for Philadelphia and points North; also at Weldon with Atlantic Coast Line for Richmond, Washington, Baltimore, Philadelphia and New York; and with Scotland Neck Branch for Greenville, Washington and Portsmouth. Pullman sleeping-car Atlanta to Portsmouth.

**2:21 a. m. Daily.** "Atlanta Special," Pullman Vestibule, for Southern Pines, Hamlet, Wilmington, Monroe, Charlotte, Lincolnton, Shelby, Chester, Clinton, Greenwood, Abbeville, Athens, Atlanta, Augusta, Columbia, Macon, Montgomery, Mobile, New Orleans, Chattanooga, Nashville, Memphis and points South and Southwest; through Pullman buffet sleepers and day coaches Washington to Atlanta, connecting directly at Union Depot, Atlanta, with diverging lines; also Pullman sleeping-car Portsmouth to Monroe.

**3:40 p. m. Daily.** For Wilmington, Charlotte, Chester, Greenwood, Athens, Atlanta and all intermediate stations, connecting at Union Station, Atlanta, with diverging lines. Pullman Sleeping-car Portsmouth to Atlanta.

## TRAINS ARRIVE AT RALEIGH:

**3:40 p. m. DAILY.** From Norfolk, Portsmouth, and all points North via Bay Line and New York P. & N. Railroad, Petersburg, Richmond and Washington, Baltimore, Philadelphia, New York and Boston; also from Greenville, Plymouth, Washington, N. C., and Eastern Carolina points, via Weldon.

**2:10 a. m. DAILY.** "Atlanta Special," Pullman Vestibule, from Atlanta and points South, Athens, Abbeville, Greenwood and Chester.

**11:22 a. m. DAILY.** From Charlotte, Athens, Atlanta and intermediate stations.

**2:16 a. m. DAILY.** "Atlanta Special," from Norfolk, Portsmouth, Henderson, Weldon, Richmond, Washington, Baltimore, Philadelphia, New York and the East

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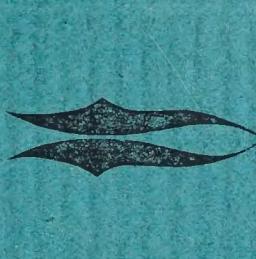
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